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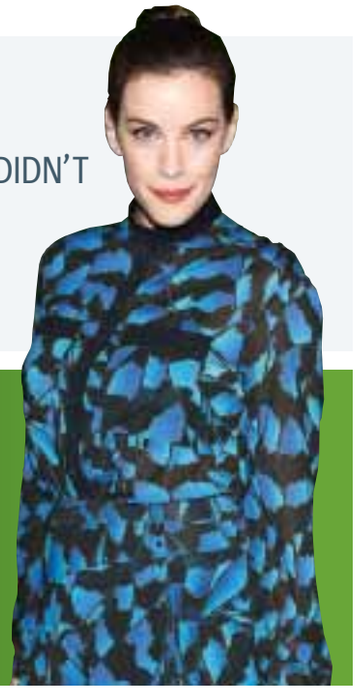
FAMILY TIES

LIV TYLER'S NOT THE ONLY APPLE THAT DIDN'T FALL FAR FROM THE HOLLYWOOD TREE. METRO TAKES A LOOK AT THE NEWEST CROP OF NEXT-GEN TALENTS PAGE 7



REGINA metro®

Tuesday, January 22, 2013

News worth sharing.

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HAIL TO THE CHIEF

U.S. President Barack Obama and first lady Michelle Obama wave as they walk down Pennsylvania Avenue during the 57th presidential inauguration parade in Washington, Monday. Story, page 3. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Taser use greenlit for city cops

New guidelines.
Prior to decision by Sask. Police Commission, only tactical team members could carry stun guns in the province

Saskatchewan is expanding the use of stun guns, allowing every municipal police officer across the province to carry them.

The Saskatchewan Police Commission said Monday it knows Tasers are potentially dangerous, but they are also effective in the right circumstances.

"The approval and the policy for use includes strict controls, training standards and accountability requirements, including a post-use review each time a Taser is deployed," said commission chairman Paul Korpan.

"The commission's decision only authorizes the use of Tasers in situations where there is imminent and high risk of bodily harm to officers or the public and where other use-of-force options would be ineffective or inappropriate."

Previously only tactical team members could carry the weapons in Saskatchewan. RCMP officers have been allowed to carry them as they are not governed by the Saskatchewan Police Commission.

Tasers fire a jolt of electricity that can incapacitate a person. But a public inquiry in British Columbia found that more than 25 people have died in Canada after police used the weapon.

The Saskatchewan Federation of Police Officers, which represents more than 1,250, said it's happy Tasers have been approved.

Federation president Evan Bray said every situation is different and it will be up to officers to determine where the line is between reaching for a Taser or a gun.

Officials said it will likely be months before Tasers are rolled out across the province and that everyone who is Tasered will also get medical attention. THE CANADIAN PRESS

Stun or gun?

"If you've got someone who's holding a metal pipe versus someone that's holding a shotgun, that might articulate a different decision-making process for the officer."
Saskatchewan Federation of Police Officers president Evan Bray

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Tax increases

Regina's 2013 budget ready for council vote

Regina's executive committee received and filed the proposed 2013 budget on Monday night. The next step before final approval is a vote at city council on Feb. 19.

The budget includes a 4.45 per cent increase in the mill rate for city residents.

According to the city the increase in property taxes is needed to address growth in the community, increases in salary and benefit costs, increases in the cost of asphalt and fuel, and the need to replace aging infrastructure, among other things.

The city's 2013 general operating budget is pegged at $339.95 million in expenditures, an 8.6 per cent increase from 2012.

Major investments in 2013 include the new wastewater treatment plant and the Regina Revitalization Initiative, which includes the new stadium.

A communication from the Canadian Federation of Independent Business (CFIB) was also received and filed by the committee. In the letter, the CFIB referred to the city's expenditure increase as "unsustainable."

METRO

Gov. deficiencies?

Sask. First Nations employment lagging: Report

A new report says Saskatchewan is falling behind Alberta and Manitoba in terms of First Nations employment, and suggests the provincial government is partly to blame.

The report, prepared by a University of Saskatchewan professor, cites the cancellation of the Aboriginal Employment Development Program and the opening up of the Saskatchewan Immigrant Nominee Program to non-skilled workers.

The report says if Saskatchewan employed First Nations people at the same rate as Alberta and Manitoba, about 6,000 more people would have jobs.

THE CANADIAN PRESS

So you think you can make a powwow costume?

Local youth program. So You Think You Can Powwow? adds costume design to traditional dance repertoire

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

A youth powwow program is going full-circle as it enlists parents and community partners to learn how to make traditional costumes.

So You Think You Can Powwow?, now in its second year, teaches youth different powwow styles, and used to hire people to make the traditional outfits or regalia.

Organizer Kim Wenger says the addition of the regalia production makes the program more family-orientated.

"It makes sure that (parents and guardians) are involved in their child's dancing ... and they become familiar with a sewing machine and how to develop different outfits," said Wenger, program manager at the Newo Yotina Friendship Centre.

Wenger says they get youth from across Regina and many from the surrounding North Central neighbourhood.

"It gives kids a safe place to go and learn a style of dance in which people are really connected to its cultural aspect," said Wenger.

Most classes get more than 40 youth participants, including non-aboriginal youth wanting to learn traditional dance. Wenger says the program is also popular for foster-care parents who want more cultural connections for aboriginal children and youth in their care.

The regalia-making will be a weekly program at the Albert Library starting at 6:30 p.m. on Tuesday. So You Think You Can Powwow? classes take place every Saturday at 1 p.m. at the Albert Scott Community Centre.

Learning early

The youth range from 17-year-olds to kids as young as two, who Wenger says are there to "get used to the beat of the drum and just watch all the kids dance."

Jaylene Clubb, right, and two friends take part in the Newo Yotina Friendship Centre's So You Think You Can Powwow? on Saturday afternoons. The program is adding an additional night for families to learn how to make traditional dress, like the ones shown, for different styles of powwow dance. CONTRIBUTED/NEWO YOTINA FRIENDSHIP CENTRE

Province joining effort to cut red tape

Premier Brad Wall took time to talk about his Golden Scissors award nomination after announcing a new plan to save Saskatchewanians money on generic drugs on Jan. 18. ALYSSA MCDONALD/METRO

On Monday morning the Saskatchewan government announced it will be taking part in Red Tape Awareness Week.

The announcement comes days after two Saskatchewanians were chosen as finalists for the Golden Scissors award for their work in cutting red tape, including Premier Brad Wall.

"Clearly we hope we win.... We are working on these issues, we have for some time," said Wall at a press conference on Friday.

Wall was nominated for the award, given out by the Canadian Federation of Independent Business, for his work with Alberta and B.C. Premiers Alison Redford and Christy Clark in the New West Partnership.

The other Saskatchewan finalist is Bev Monea, for leading the Regulatory Modernization Council, which provides advice and recommendations regarding proposed program and policy changes and also monitors the provincial government's progress on cutting red tape for small businesses.

"The reason we were able to make those 70 changes to liquor regulations ... that happened because of that committee," said Wall about the Regulatory Modernization Council.

As part of Red Tape Awareness Week, the Regulatory Modernization Council is releasing a progress report on Tuesday that details the more than 100 changes taken in 2012 regarding red tape on different regulations, policies and programs.

"We are looking at ways where we can hold ourselves accountable (and) hold the government, this one and future ones, accountable," said Wall.

Red Tape Awareness Week started on Monday and ends on Jan. 25 with the Golden Scissors award winner announcement.

ALYSSA MCDONALD/METRO

People attend the public swearing-in for U.S. President Barack Obama at the National Mall during the inauguration ceremony on Monday in Washington, D.C. JOE RAEDLE/GETTY IMAGES

Obama takes public oath

Second term. U.S. president's inauguration speech sets out bold agenda for next 4 years

A solemn U.S. President Barack Obama took the oath of office for the second time in as many days on Monday, this time before an estimated 800,000 jubilant citizens who cheered on his appeal for Americans to come together and fight for cherished principles of justice and equality.

Obama's glitzy public swearing-in at the majestic Capitol building, featuring pop star Beyoncé singing the national anthem, took place on the national holiday devoted to revered civil-rights leader Martin Luther King Jr.

He then delivered a spirited, substantive 19-minute address that touched on his administration's priorities. Obama didn't shy away from some of the most hot-button debates currently raging in the United States, including immigration reform, gun control, climate change and same-sex marriage.

"Our journey is not complete until our wives, our mothers, and daughters can earn a living equal to their efforts," he said. "Our journey is not complete until our gay brothers and sisters are treated like anyone else under the law — for if we are truly created equal, then surely the love we commit to one another must be equal as well."

Even as inauguration festivities played out across the U.S. capital all weekend, gun-rights activists held a Gun Appreciation Day as a form of protest against Obama's proposals to combat gun violence.

In addition to gun control, the next four years will also include a major push for immigration reform from the White House. The Obama administration wants a sweeping bill that would include a path toward citizenship for millions of illegal immigrants already living stateside. Obama will also face continuing pressure to bring the country's $16-trillion US national debt to heel. There will also be a decision in the weeks to come on the fate of TransCanada's Keystone XL pipeline. THE ASSOCIATED PRESS

U.S. President Barack Obama and first lady Michelle Obama dance during the commander-in-chief inaugural ball at the Washington Convention Center during the 57th presidential inauguration Monday in Washington. EVAN VUCCI/THE ASSOCIATED PRESS

The first lady

What to wear ... what to wear...

First lady Michelle Obama headed out to Monday's inaugural festivities sporting a navy-silk, checkered-patterned coat and dress by Thom Browne that were inspired by a menswear necktie.

The outfit was specifically designed for Obama, but Browne said he wasn't 100 per cent sure she was going to wear it until she came out with it on at Inauguration.

"I am proud and humbled," he said.

Prince Harry bids Afghanistan adieu

The U.K. Ministry of Defence revealed Monday that 28-year-old Prince Harry, a.k.a. Capt. Wales, is returning from a 20-week deployment in Afghanistan, where he served as an Apache helicopter pilot with the Army Air Corps.

In interviews conducted in Afghanistan, the third in line to the British throne described feeling boredom, frustration and satisfaction during a tour that saw him kill Taliban fighters on missions in support of ground troops. He also spoke of his struggle to balance his job as an army officer with his royal role — and his relief at the chance to be "one of the guys."

Prince Harry THE ASSOCIATED PRESS

Stationed at Camp Bastion, a sprawling British base in the southern Afghan desert, the prince — known as Capt. Wales in the military — flew scores of missions as a co-pilot gunner, sometimes firing rockets and missiles at Taliban fighters.

"Take a life to save a life. That's what we revolve around, I suppose," he said. "If there's people trying to do bad stuff to our guys, then we'll take them out of the game."

Harry's second tour in Afghanistan went more smoothly than the first, in 2007-08, which was cut short after 10 weeks when a magazine and websites disclosed details of his whereabouts. British media had agreed to a news blackout on security grounds. This time, the media were allowed limited access to the prince in return for not reporting operational details.

A member of the air corps' 662 Squadron, the prince's duties ranged from supporting ground troops in firefights to accompanying British Chinook and U.S. Black Hawk helicopters as they evacuated wounded soldiers. THE ASSOCIATED PRESS

U.S. military. Sex offences a leading cause of firings

Brig. Gen. Jeffrey Sinclair, fired from his command in Afghanistan last May and now facing a court-martial on charges of sodomy, adultery, pornography and more, is just one in a long line of commanders whose careers were ended because of possible sexual misconduct.

At least 30 per cent of military commanders fired over the past eight years lost their jobs because of sexually related offences, including harassment, adultery and improper relationships, according to statistics compiled by The Associated Press. THE ASSOCIATED PRESS

Commanders

4/10

The statistics from all four military services show that more than four in every 10 commanders at the rank of lieutenant colonel or above who were fired fell as a result of behavioural stumbles — from sexual assault and harassment to pornography, drugs and drinking — since 2005.

Air Canada. Inert bomb forgotten on a plane after a dog-training exercise

Documents reveal an inert explosive device was forgotten aboard an Air Canada Boeing 767 at Vancouver's airport during a dog-training exercise by B.C.'s transit police.

The device was missing for two days before the dog handler noticed, and by the time Air Canada security was advised of the loss, the plane was on the ground in Toronto.

Most of the documents, obtained by the Canadian Taxpayers Federation, contain a series of memos between RCMP and the B.C. transit police outlining what was done to find the object.

The information reveals that the item was part of an explosive training kit and couldn't have exploded without the help of a blasting cap, which wasn't attached.

The missing training device was placed on the plane along with several others during the training exercise in January 2011. THE CANADIAN PRESS

Where's the bomb?

After a thorough investigation, police say they believe cleaning staff at Vancouver's airport disposed of the explosive and it went through a Metro Vancouver garbage incinerator.

Oncoming storm

Canada's warming trend a bad omen

Environment Canada says warming trends across the country will mean more severe blasts of rain, wind, snow and heat.

Bob Robichaud, a warning-preparedness meteorologist, says 2012 was the 16th year in a row that saw higher than normal temperatures across Canada.

Over the last 10 years, just four of 40 seasons were cooler than normal.

Robichaud says experts are warning residents on the East Coast to expect heavier and more frequent storms. THE CANADIAN PRESS

Proof that Canadians attacked gas plant may be fake: Ottawa

Algerian firemen carry a coffin on Monday containing the body of a person killed during the attack in Ain Amenas. ANIS BELGHOUL/THE ASSOCIATED PRESS

Crisis in Algeria. Ottawa wants to verify passports found on-site

In the absence of reliable information, Ottawa is assuming that fake passports could be behind Algeria's claim that Canadians are among the al-Qaida-linked militants who attacked a remote desert energy plant.

Senior federal sources say the government is frustrated by a lack of information.

And they are unhappy that Algeria's prime minister went on television Monday and announced that two Canadian nationals were among the band of Islamist militants who took hundreds hostage.

"The concern is we want to see the documentation. We want to see what proves that they're Canadian," said one government official who was not authorized to speak publicly and requested anonymity.

"As far as we know, it's a fake passport."

Algerian Prime Minister Abdelmalek Sellal did not say Monday whether the Canadians were among the 29 militants killed by Algerian forces that stormed the site or the three who were captured alive.

Hostages who had escaped recalled hearing at least one of the militants speaking English with a North American accent.

Other unconfirmed reports said one of the Canadians was co-ordinating the attack.

According to former senior agents at CSIS, Canada's spy agency, it is plausible that there might be a Canadian connection to the Algerian debacle.

"The North African file has always been very important ... because we have a French community in Quebec, where they can establish themselves," Michel Juneau-Katsuya said.

CSIS has had the Algerian community in Montreal under surveillance for decades now, he said, citing a series of high-profile cases. THE CANADIAN PRESS

Hard evidence

"Let's be careful until we actually see a body, see some documents."

Ray Boisvert, former assistant director for intelligence at CSIS

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Halifax. Theatre scare dredges up memories of July's Colorado shooting

A Halifax woman said she was "terrified" when a man began yelling and pointing his finger at the audience during a movie in a theatre on Sunday and couldn't help but think of the Colorado theatre shooting in July.

According to 32-year-old Kirsten, who did not want her last name used, the man created a scene during the last 20 minutes of Django Unchained, Quentin Tarantino's new film, and told the Bayers Lake, N.S., crowd they were "all going to hell" if they continued watching.

"Our manager and general manager calmed him down," said Dean Leland, vice-president of media with Empire Theatres. "He retrieved his belongings and left the building."

Kirsten said she was frightened because the man kept reaching into his pockets and pointing his hand at people in the front rows, giving the impression he could have had a weapon.

He began by shouting for the movie to stop, then he got in front of the screen and began yelling and cursing at the audience, Kirsten said.

"We were terrified," Kirsten said. "My boyfriend and I looked at each other, and I said, 'Do we chance getting up and leaving, or are we going to become targets?'"

Eventually someone did leave the theatre, and the man shortly went out as well.

Kirsten and her boyfriend left before the end of the film because they "were a little bit freaked out," she said.

She said she would have preferred to have theatre staff pause the movie and address the audience, but that did not happen.

Leland said Empire Theatres tries never to stop a film once it has begun, but the managers greeted the audience on their way out and talked about the incident.

"This is an isolated case," Leland said. "I can't remember the last time something like this happened."

HALEY RYAN/METRO IN HALIFAX

Bad manners

"It's very unfortunate he chose to express his feelings in a way that upset the rest of the audience."

Dean Leland, vice-president of media with Empire Theatres

Contingency plan

Canada weighed troops in Mali

Canada's soldiers and diplomats began paving the way for possible military involvement in Mali last spring, shortly after al-Qaida-backed rebels seized control of the country's north, newly released documents show.

Last spring, Mali's ambassador requested more military officers be sent to "increase the level of liaison with U.S. and French military forces" as well as to provide advice on evacuation plans for Canadian citizens, said a note obtained under access-to-information laws. THE CANADIAN PRESS

Idle No More

Chiefs call for a united meeting

First Nations chiefs from across the country have set aside their differences and signed on to a request for yet another meeting with the prime minister — all in an attempt to bring the protest by Chief Theresa Spence to an end. The Assembly of First Nations called for a meeting as soon as Thursday — a day by which Chief Shawn Atleo could be back from sick leave. THE CANADIAN PRESS

Ottawa picked up expenses during CEOs' trip to China

Trade mission. Leaders who were part of PM's delegation in 2012 put meals, accommodation and more on public tab

Prime Minister Stephen Harper speaks to a business group in Beijing on Feb. 9, 2012. Top Canadian executives who accompanied Harper on the trip had some of their expenses covered by the government. THE CANADIAN PRESS FILE

The Conservative government covered expenses for some of the country's top executives as they accompanied the prime minister around China a year ago, a move business leaders and officials defend as a good investment.

The trip signalled a change of approach for Stephen Harper, who for years eschewed the idea of leading big trade offensives abroad.

The Public Accounts of Canada show that between 2006 and 2011, his wife Laureen Harper — and for many years his personal stylist Michelle Muntean — were the most common add-ons to the government tab.

Then came the China trip last February. The delegation to three Chinese cities included 30 executives from major oil, agricultural and manufacturing companies as well as roughly two dozen members of the Chinese-Canadian cultural community. Compare that with a 2009 trip to China — Harper's first — when he brought along eight people, including Laureen, his stylist and four Chinese-Canadian businesspeople.

Corporations and associations including Bombardier, Cenovus Energy, the Canadian Association of Petroleum Producers and Cameco confirmed that the government paid for portions of the expenses, with the amount varying from firm to firm.

The Canadian Taxpayers Federation says it doesn't see the rationale for paying any of the CEOs' expenses. "I think most Canadians would be scandalized to learn that they're paying the expenses of a CEO of a large corporation to promote their company on a junket like this," said Gregory Thomas, federal director of the federation.

THE CANADIAN PRESS

By the numbers

$1,200

The Foreign Affairs Department says local transportation, accommodation, meals and "miscellaneous expenses" incurred by an official delegation are covered by the government. For the 2012 non-governmental participants, that meant an average of $1,200 a person.

Humboldt, Sask.

Olymel buys Big Sky Farms assets for $62.25M

Olymel said Monday that it has closed its deal to buy the Canadian assets of bankrupt company Big Sky Farms Inc., the second largest hog producer in the country, for $65.25 million. The deal includes all of Big Sky Farms' operations in Canada including its breeding herd, boar studs, maternities and finishing sites. The Saskatchewan-based company filed for bankruptcy last year due to high feed costs. THE CANADIAN PRESS

Market Minute

DOLLAR
100.68¢ (-0.15¢)

TSX
12,794.25 (+68.56)

OIL
Closed for U.S. holiday

GOLD
Closed

Natural gas: Closed
Dow Jones: Closed

Atari pushes reset button

In this 1984 photo, a woman demonstrates Atari's never-released Mindlink system, which let users control a video game by moving their forehead muscles. On Monday, Atari said that its U.S. operations have filed for Chapter 11 bankruptcy protection in an effort to separate from its French parent company, which is filing a similar motion separately in France. In a statement, Atari says the move is necessary to secure investments it needs to grow in mobile and downloadable video games. Atari, which turned 40 last year, was a video game pioneer with games like Pong and Centipede, but has changed ownership several times amid financial problems. THE ASSOCIATED PRESS FILE

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FRIENVY: WISHING OTHER'S FACEBOOK PHOTOS WERE YOUR OWN

SHE SAYS...
Jessica Napier
metronews.ca

Is everyone having more fun than me?

It's a nagging thought that keeps creeping into my consciousness and I can't seem to get rid of it. I mean, is everyone else out there making more money, having more sex, drinking better wine and basically being better at life than me?

Gasp!

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, and European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of.

You'd think I would have grown out of this insecure jealousy when I left my angsty teenage years and emerged as a confident and happy adult. As if. Now I'm in my twenties and my attachment to social media (which occasionally borders on obsession) only exacerbates my problem.

In many ways, social networking sites like Facebook and Instagram feel a lot like high school. Except now I don't have to wonder what everyone else is doing; now I know I'm missing out because I'm spying on the cool kids at their cool-kid parties in real-time while I just lie on the couch listening to a Harry Potter audio book.

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, and European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of. It seems that every single person I stalk (follow) online seems to be doing something designed to make me feel like my life is utterly boring.

But of course, that isn't the case. I too have posed obnoxiously next to champagne bottles and posted show-offy travel photos from Greek islands; I'm sure I've been responsible for igniting other people's jealousy from time to time.

The key to living with this is to give yourself a reality check every once in a while. I have to force myself to step away from the #humblebrags and the Rich Kids of Instagram and realize that these are just the highlights and no one is having the Best. Night. Ever every single night. We all stub our toes, clean the bathroom and go to the dentist occasionally; we just don't feel the need to immediately snap, hashtag and upload these particularly mundane moments.

Follow Jessica Napier on Twitter @MetroSheSays

Think your friends are having more fun than you? They probably are. Not.
ISTOCK

It's the Starlight Express

BRAD GOLDPAINT/SOLENT

Astrophotography

Photog captures star trails lakeside

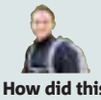
It's a wild starry night up above, reflected in the stillness of the lake below. Photographer Brad Goldpaint shot this stunning image at Sparks Lake near the Cascade Range mountain range in Oregon.

These star trails are made by merging photos of stars recorded as the Earth rotates over time. The camera's shutter is open and the exposure times are long.

METRO WORLD NEWS

Q and A

Reconnect to the night sky



BRAD GOLDPAINT
Photographer

How did this picture come about?
I took the photograph at Sparks Lake in Oregon, about three kilometres from the nearest road. I arrived at sunset and stayed there the whole night. I captured hundreds of images, which I later stacked together using Photoshop to create the final photograph.

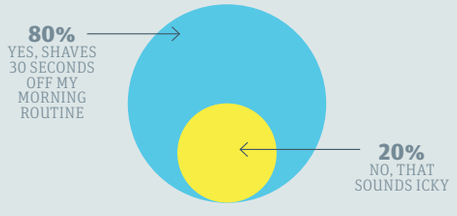
Why did you pick this location to take your star trails?
First and foremost, a lot of experience — I have been a night sky photographer for three years — preparation and patience go into picking the right place. For example, the night sky here at the lake shows Polaris, or the North Star, which is key to forming the centre around which the star trails swirl.

What message do you hope people will see inside your photography?
I want to reconnect others with the night sky, especially since our city lights have cut off this connection. I have donated images of mine to the International Dark-Sky Association to raise awareness of light pollution. Also, having worked as an architect, I apply my trade to photography by showing visual representations of fixed patterns, in an attempt to find meaning and emotion.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would you wear moisturizing jeans?



Twitter

@geraldbuchko:
I'm about to kung fu ninja chuk the next idiot driving the wrong way, stopping illegally, or just doing stupid things in downtown #yqr.

@chris_warnecke:
I can handle the -40 outside right now, but what's with all the mosquitoes? #yqr

@ChelseaStulberg:
I know SK doesn't get snow days but maybe just once we could have a dangerously cold day stay in your pj's day #bigdreams

@silverfoot99:
"Hey, it's only -27 today!" is what having a positive attitude sounds like in Saskatchewan in January. #yxe #yqr

@stevenheidel:
Wow @PremierBradWall is getting pretty cocky on Twitter, it's almost as if he has a huge majority in the legislature #skpoli

metro
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DVD review

End of Watch

Director. David Ayer

Stars. Jake Gyllenhaal, Michael Pena, Anna Kendrick

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End of Watch begins as just another LAPD cop story, something writer/director David Ayer is all too familiar with, having written Training Day and directed Harsh Times and Street Kings. Officer Brian Taylor (Jake Gyllenhaal) is an ex-marine studying film at night school. He wants to make a video, in defiance of police rules, on what it's really like patrolling L.A.'s rock-hard South Central 'hood. To this end, he and his partner, Officer Mike Zavala (Michael Pena), are packing tiny cameras. Crime is rampant in L.A.'s toughest division and the good cops have to turn a blind eye to petty offences because there's too much really bad stuff going down to keep them occupied. "Try not to kill anybody before end of watch," a superior says as Taylor and Zavala are assigned to a patrol. The officers' dedication to their jobs and each other is put to the test when they run afoul of drug lords during a routine traffic stop, and a twisted sense of neighbourhood pride becomes a vow to exact revenge. It's refreshing to see the boys in blue be the good guys for a change.

PETER HOWELL

Don't call me daughter

Sure, familial connections can kick open plenty of doors, but most next generation talents struggle to make the grade and live up to their star-powered lineage. Lately a passel of gals have made coming into their own while slipping the looming and lengthy shadows of their glitterati parents look easy. We salute this generation's Kate Hudsons and Liv Tylers

MIKE DOJC
scene@metronews.ca

Dakota Johnson

2006's Miss Golden Globe, an honour typically lavished upon celebrity spawn, toed into the movie biz's alluring waters before taking the plunge. The model/actress's film debut wasn't exactly a stretch. Johnson played one of her real life mom's daughters in Crazy in Alabama. Last year she hit her stride with turns in 21 Jump Street and The Five Year Engagement before garnering top billing on Fox's quirky comedy Ben and Kate. Johnson is Kate, a tenderhearted single mom with a pinch of nervous energy and a dash of sass who co-parents her daughter with her nutty older brother. Watch out Dakota Fanning, there's another blonde named after the same Native American tribe gunning for your Google ranking.

Pedigree: Don Johnson and Melanie Griffith are her parents and Antonio Banderas is her stepfather.

Zosia Mamet

After piling up a flurry of small roles in offbeat independent fare and snagging high profile yet fleeting part-time gigs on NBC's Parenthood and Showtime's United States of Tara, Mamet blew up faster than a Glengarry Glen Ross quote. Zosia's proper breakout came when she landed the part of Joyce on Mad Men, a photo editor for Life Magazine who gives Peggy Olson a window into NYC counterculture. She then showed her character acting virtuosity, segueing from a worldly lesbian in the 1960s to Shoshanna, a bubbly short form happy chatterbox who is also the most innocent member of the Girls gang.

Pedigree: Pops David Mamet is an Oscar-nominated screenwriter and Pulitzer Prize winning playwright. Mom is Oscar-nominated actress Lindsay Crouse.

Mamie Gummer

While Emily Owens M.D. flatlined after just seven episodes, Gummer shined and proved she has the chops to helm a series. A thespian straight out of the cradle, Gummer has been receiving rave reviews since she was three. In 1986's Heartburn, an adaption of a Nora Ephron's autobiographical novel starring Gummer's marvellous mama, the New York Times gushed that Mamie (using the pseudonym Natalie Stern at the time to avoid a media feeding frenzy) was "an inordinately cute baby" who was "already accomplished enough to steal scenes, even from Miss Streep." Critical acclaim also looks to be in the cards for her latest movie, The Lifeguard, which has been nominated for the 2013 Sundance Film Festival's Grand Jury Prize.

Pedigree: Calls sculptor Don Gummer dad and Meryl Streep mom.

Alice Englert

This Kiwi newcomer earned a British independent film award nomination for last year's Ginger & Rosa, but forget about across-the-pond kudos, she's about to conjure up a mass media maelstrom. Englert stars as a teenage witch in Warner Bros' Beautiful Creatures, the film version of the first book of the supernatural romance series The Caster Chronicles. Scores of malleable tweenage fan groups from twihards to tributes (Hunger Games devotees) will start obsessing over Englert in the run up to the Valentine's day release. Staying in the love story zone, Englert's future projects include Singularity, a time and continent-straddling epic with Josh Hartnett and Bollywood babe Bipasha Basu.

Pedigree: Her mother is Jane Campion, the first woman filmmaker to take home the Cannes Film Festival's top prize, The Palm d'Or.

SCENE 2

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift ALL PHOTOS GETTY IMAGES

Taylor second-guessing the Swift search for love

Taylor Swift's patchy romantic history has helped her pen a number of hit songs, but it's also made the subject of more than a few punchlines, and the 23-year-old singer has had enough, according to Radar Online.

"At first Taylor just thought it was funny how much interest people had in her love life and she went along with it," a source close to the singer says. "But now she's the butt of jokes on Saturday Night Live, in the tabloids and on the late night shows. She laughed it off, but the jokes made about her at the Golden Globes got under her skin."

But Swift may also be taking all the criticism and turning it into something positive, using this as a chance to turn her love life around.

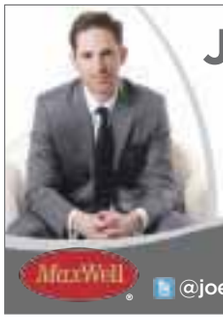
"The jokes being made about her love life embarrass her, but it's finally hit home with Taylor," the source says. "She really wants to make an effort to slow down and not jump from boyfriend to boyfriend. In a weird way all the negative press has really opened her eyes and will be good for her."

Selena Gomez

She's loved, she's lost and she's singing it loud

Selena Gomez is using music to help work through her emotions following her split from Justin Bieber — just not her own music.

The actress and singer treated the crowd at a recent UNICEF charity concert in New York to tunes of heartbreak by Justin Timberlake and Taylor Swift. Before launching into Timberlake's Cry Me a River, Gomez told the crowd, "I've been through a lot the past few months. It's been weird and sad and cool. This song definitely speaks to me." She later played Swift's I Knew You Were Trouble, prefacing the tune with, "It's by my best friend in the entire world and if anybody has felt anything painful to their heart, they know who this girl is."



Joel Hunter
Real Service,
Real Solutions,
Real Estate
537.8891
jhunter@maxwellrealty.ca
@joelhhunter #reginarealestate
MaxWell

The Word

Famous friends and a front stage Fiasco: Welcome back Barack!

THE WORD
Dorothy Robinson
scene@metronews.ca

Yesterday was a big day for President Barack Obama as well as the celebrities in attendance for the 57th inauguration. Kelly Clarkson (who came with new fiancé Brandon Blackstock) performed My Country, 'Tis of Thee while Beyoncé Knowles (in an Emilio Pucci gown) cranked out the national anthem — and even got hugs from President Obama and First Lady Michelle Obama afterward. Looking on from the audience were Katy Perry and boyfriend John Mayer as well as Eva Longoria in a beautiful pink coral trench coat. And in an awesome snafu, Boston Celtics great Bill Russell was misidentified as Morgan Freeman by ABC announcer George Stephanopoulos.

At the official inaugural balls, such bold-faced names as Alicia Keys, Usher, John Legend, the cast of Glee, Brad Paisley, Nick Cannon, Jamie Foxx, Jennifer Hudson, Marc Anthony and Chris Cornell are expected to appear.

One celeb who had a less-than-fun inauguration experience? Lupe Fiasco, who was asked to leave the stage at a pre-inauguration concert in Washington D.C.

"Lupe Fiasco performed at this private event, and as you may have read, he left the stage earlier than we had planned," concert organizers said in an email to reporters. "But Lupe Fiasco was not 'kicked off stage' for an 'anti-Obama rant.' We are staunch supporters of free speech, and free political speech. This was not about his opinions. Instead, after a bizarrely repetitive, jarring performance that left the crowd vocally dissatisfied, organizers decided to move on to the next act."

Leonardo DiCaprio

A hunk and a hero: DiCaprio to spend free time doing good

Leonardo DiCaprio has gone from filming Django Unchained to The Great Gatsby and straight into The Wolf of Wall Street, and the schedule has taken its toll on him.

"I'm a little bit drained," DiCaprio tells German newspaper Bild. "I am now going to take a long, long break. I've done three films in two years and I'm just worn out." So what will DiCaprio be doing if he's not acting for a bit? Certainly not going on vacation. "I would like to improve the world a bit," he says. "I will fly around the world doing good for the environment."

My bad, Bieber: Strange Franco video was all in good fun

James Franco insists he meant no offense by the odd video he briefly posted online of himself lip-syncing to Justin Bieber's Boyfriend wearing a crooked baseball cap and a wig with very Bieber-esque bangs. (The clip was quickly taken down from Franco's WhoSay account, but not before copies of it could hit other sites.)

"I wasn't trying to diss him," Franco tells E! News. "I was asked to take it down by some people. Bieber didn't contact me, but I don't think he was too happy."

James Franco

Twitter

@jtimberlake
This is gonna be a GREAT Super Bowl! 49ers/Ravens?? Can't wait! i'm booking my flight to New Orleans right now! Oh wait... I don't have tickets. Dammit! Anybody know anybody?? LOL!

@Pink
tonight im grateful that ill never be a crotchety old man sitting on his computer complaining about politics while doing nothing to change it

@SteveMartinToGo
Amazing Super Bowl day: the San Francisco Boulevardiers will be playing the Baltimore Adventuristas!

@jessicaalba
When your meal starts off with a doughy truffle pizza you know you're in #heaven

LIFE 3

Healthy eating

Five healthy habits to try this year

JULIA FURLAN
Metro World News

It's easy to take for granted the root of a New Year's resolution — to be resolute. According to Janet Helm, registered dietician and author of Cooking Light: The Food Lover's Healthy Habits Cookbook, getting healthy — and staying healthy all year — is about starting small.

"Your goal should be attainable. If you have success, that fuels greater success and then you can celebrate the little victories," Helm said

1. Cook more often
Firing up the stove — say, three times a week — is the foundation of healthy eating. Eating out generally means you'll consume at least 50 per cent more calories.

2. Eat a healthy breakfast
"When you start your day on the right foot, it leads to better habits throughout the day," Helm says.

Eating breakfast helps curb temptations for the rest of the day.

3. Be a mindful eater
Helm suggests eating all kinds of foods and focusing on controlling portions instead of restrictions.

4. Eat more fish
Follow the lead of Japan and Iceland — where the average life expectancy is 81 years — and incorporate more fish into your diet.

5. Be a part-time veggie
Helm suggests going veg once a week for all three meals and encourages experimentation.

Reasons to consider veganism in 2013

Kris Carr made some major life changes to confront a serious disease. BILL MILES

Diet. Cancer survivor and Crazy Sexy Kitchen author Kris Carr says it's time to deal with disease and obesity on our plates — she also shares her favourite vegan recipes

ROMINA McGUINNESS
scene@metronews.ca

Kris Carr liked smoking and fast food.

Not cooking.

So what? She was like any other 20-something-year-old living in a big city — stressed, tired and hungry.

But the day she was diagnosed with an incurable stage four cancer at 26-years-old, she knew her eating habits were partly to blame.

"I had a lot of confusion and chaos when it came to food. I only ate hamburgers, peanut butter and jelly. I was obsessed with calories, yet I lived on carbs and trans fats," she says.

Now a bonafide vegan, she wants you to know that you can turn your life around simply by changing your diet.

You have 60 seconds to make me go vegan. Go.
"Animal products, processed foods, refined sugars ... all these things create inflammation in the body, depress the immune system and mess with your hormones. Dairy can be difficult to digest. It creates mucus and contains growth hormones — so does flesh — which also contains saturated fat, which can cause dietary cholesterol."

OK, I'm convinced. The problem is, it's much easier to fry a steak than to steam broccoli.
"People complain about not having the time to cook. Well I have no time to get sick — it takes a lot of energy, time and focus. We can't wiggle our way out of eating well. Doing so will improve your life, so relegating it to something that's a drag is crazy."

Aren't you nervous meat and dairy lovers will want to throw your book in the trash?
"I'm not demanding people stop eating meat and dairy. Just that they eat less of it. I want people to become plant passionate — not vegan."

Top 5

Healthy habits you can steal from Kris Carr

1. **Load half of your plate with vegetables.**
2. **Remove dairy from your diet and assess the sugars you're consuming.**
3. **It's not just about food but your mindset. Low self-esteem can be the number one thing that keeps people from making a change.**
4. **Strictly counting calories is missing the point. We didn't come into this planet with a set of charts. Calories only matter if you eat foods that have been heavily modified.**
5. **Empty calories cause endless hunger. Eat a more nutrient-dense diet in order to feel more satiated and crave less food.**

Take note

Kris's kitchen basics

Use these spices: garlic granules, salt, pepper, turmeric, cumin and chili.

Nutritional yeast. Use this instead of cheese.

Tamari. This is a good alternative to soy sauce.

Olive and flaxseed oil

Grains. Quinoa (called the bachelor's grain as it's easy to make and high in protein) brown rice, millet and lentils.

Cashew nuts. Great for a snack or to use in desserts.

Want the recipes? Check out Metro's Food page to get recipes from Kris Carr's book Crazy Sexy Kitchen.

Google search reveals lots about who is sick

CELIA MILNE
life@metronews.ca

When you Google "flu," you're part of a giant trend.

Sniffing, coughing and shaking with fever, you grimly go online searching for remedies and a sense of how long you'll be sick. When tens of thousands of people do that, it's a helpful predictor that flu has hit your area.

"By counting how often we see these search queries, we can estimate how much flu is circulating in different countries and regions around the world," says Aaron Brindle, a spokesman from Google Canada, based in Toronto.

Canadian searches for "flu" on Google spiked 240 per cent in the last 30 days, according to Google, and are on a slight wane now. The province with the most flu activity is Manitoba.

Quote

"Do not touch the T-zone — your eyes, nose and mouth."

Dr. Will Sawyer
Speaking about how to prevent the flu.

Only clinical data can truly predict epidemics, but Google data provides health officials with early warning that a wave of illness is occurring. Seasonal flu causes an estimated half a million deaths a year worldwide.

What can you do to prevent the flu when it's going around?

"Do not touch the T-zone — your eyes, nose and mouth," says Dr. Will Sawyer, an infection prevention expert in the U.S. and Canada. "These are the only portals of entry into the human body for all respiratory illnesses such as the flu."

Google searches for 'flu' spiked nearly 240 per cent in the last month in Canada. ISTOCK PHOTOS

A fish-free option for vegans who love tuna sandwiches

This recipe serves 4. SUBMITTED

This combination of pickles, celery, onions and black pepper will tickle the taste buds of traditional tuna lovers.

1. Blend the soaked almonds and sunflower seeds in a food processor until finely minced. Transfer into a bowl.

2. Add the celery, onion, pickles, herbs, lemon juice, agave, kelp, salt and pepper to nut/seed mixture and stir thoroughly. Set aside.

3. Spread some Dijon mustard on rye bread. Add butter lettuce and tomato.

4. Scoop a generous helping of "tuna" on each slice of bread. Finish with more black pepper, lettuce and tomato.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Ingredients

- 1 cup raw almonds soaked for a few hours in water
- 1 cup sunflower seeds soaked for a few hours in water
- 1/3 cup minced celery
- 1/4 cup minced red onion
- 1/3 cup pickles, diced
- 2 tbsp minced dill
- 1 tbsp minced oregano
- 3 tbsp lemon juice
- 1 tbsp agave
- 2 tbsp kelp granules
- 1/2 tsp sea salt
- Freshly ground black pepper, to taste
- Dijon mustard
- 4 pieces whole grain rye bread, toasted
- 6 butter lettuce leaves
- 1 vine-ripened tomato, sliced

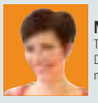
I can't believe it's not tuna!

"These are recipes people are used to, only without animal products. You won't taste the difference."

Vegan cookbook author Kris Carr, on the recipes in Crazy Sexy Kitchen

Health Solutions

The healthy side of Mexican food



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The taco trend is huge and, contrary to popular belief, Mexican food in its authentic form is quite healthy. It isn't all corn chips and cheese sauce. The other traditional ingredients are top-shelf anti-aging, anti-cancer, anti-obesity deliciousness.

Here are some healthy Mexican items:

Avocado: High in fibre and good fats, plus lutein to protect eyes. It also contains folic acid for your heart and unborn baby.

Tomatoes: Good source of chromium to help balance blood sugar. The anti-oxidant lycopene is more absorbable when cooked in salsa.

Corn tortillas: Choose blue corn for higher phytonutrients. It is also high in heart-healthy niacin.

Tomatillos: Contain an anti-bacterial phytochemical called withanolides and are loaded with trace minerals.

Peppers: Capcaisin is being studied as an anti-cancer nutrient. They are also full of vitamins A and C for eyes and skin.

Like any other culinary culture, it's all about the ratio. Keep the veggies high and the fried or fatty items — such as cheese and cream — to a minimum and you will be well ahead of the curve. Olé!

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

One-pot meal. Chickpeas with Root Veggie Tagine

Ingredients

- 1 tsp cumin seeds (or 2/3 tsp ground cumin)
- 1 tsp coriander seeds (or 2/3 tsp ground coriander)
- 1/2 tsp red pepper flakes (adjust based on desired spiciness)
- 1/2 tsp turmeric powder
- 1/2 tsp cinnamon
- 1/2 tsp black pepper
- 1/2 tbsp sea salt
- 3 tbsp olive oil
- 1 medium white onion, diced
- 4 cloves garlic, finely chopped or pressed
- 2 tbsp tomato paste
- 2 cups vegetable stock
- 1/2 cup carrots, peeled and diced
- 1 cup sweet potatoes, peeled and diced
- 1/2 cup turnip or russet potatoes, peeled and diced
- 1/2 cup pitted and chopped green olives
- 2 cups chickpeas, cooked

1. Toast cumin seeds and coriander seeds in a dry sauté pan until aromatic (you can toast ground spices as well, but be sure not to burn them). If using seeds, once toasted, transfer into a small spice grinder (or coffee grinder) and add the red pepper flakes, turmeric, cinnamon, black pepper and sea salt. Grind till slightly coarse.

2. In a large heavy-bottom shallow pot or deep skillet (cast iron works best) on medium heat, add oil, onions, and garlic. Cook until onions are translucent and golden, stirring continuously for about 3 to 4 minutes.

3. Reduce heat to medium-low, add the spices, tomato paste, vegetable stock, carrots, sweet potatoes and turnip. Cover and simmer for about 25 minutes, or until the carrots and potatoes are tender. Add olives and chickpeas five minutes before turning off the heat.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Wake up to hearty, not heavy, Cornmeal Banana Pancakes

Ingredients

- 1/2 cup ground yellow cornmeal
- 1/4 cup whole spelt flour
- 1/4 cup light spelt flour
- 2 1/4 tsp aluminum-free baking powder
- 1/2 tsp ground cinnamon
- 1/8 tsp fine sea salt
- 2/3 to 3/4 cup almond milk
- 2 tbsp maple syrup
- 1 tbsp extra-virgin olive oil plus more for the griddle
- 2 tsp pure vanilla extract
- 1/2 tsp apple cider vinegar
- 1/2 cup diced banana; reserve the balance for serving
- 1/4 cup toasted walnuts, chopped, plus more for serving
- 2 to 3 tbsp maple syrup
- Apple cider, to taste

This recipe serves 3. SUBMITTED

When made with white flour, white sugar and eggs, pancakes can be heavy and flavourless. This whole-grain, egg-free, hearty but not heavy version will have you hooked at first bite.

1. Begin heating a heavy griddle or well-seasoned cast-iron pan on low heat.

2. Place a wire mesh strainer over a medium bowl. Add the cornmeal, both of the spelt flours (or pastry flour, if using), baking powder, cinnamon and salt to the strainer. Stir with a wire whisk to sift the ingredients into the bowl. Add any cornmeal left in the strainer into the bowl. Whisk to aerate the mixture.

3. In a separate medium bowl, whisk the almond milk, maple syrup, oil, vanilla and apple cider vinegar until thoroughly combined. Pour into the dry mixture and stir with a silicone spatula, only until the batter is smooth. The batter may increase and thicken at this point. Wait half a minute and stir with a fork. Add a scant 1/2 cup of the diced banana and nuts. Adjust the consistency if needed so it falls off a spoon in heavy puddles.

4. Oil the griddle. Increase the heat to medium. When a few drops of water dance on the griddle, begin making the pancakes. Plate and top with bananas, nuts, maple syrup and apple cider.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Breakfast. Morning Glorious Juice

Ingredients

- 1 large cucumber
- A fistful of kale
- A fistful of romaine
- 2 or 3 stalks celery
- 1 big broccoli stem
- 1 green apple, quartered
- 1/2 peeled lemon, quartered

Cucumber is a perfect base for juice blends since it yields lots of mild, refreshing juice and minerals, and it's also a foundation of alkalinity.

1. Wash/prep all ingredients.

2. Juice all ingredients.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Why do men cheat? Filmmaker tells us what makes a philanderer tick

Q&A. Marc de Guerre's provocative documentary explores the science behind a taken man who strays

ANNE BRODIE
life@metronews.ca

Filmmaker Marc de Guerre looks at the biology and psychology of male messin' around in a documentary with insights from divorce attorneys, doctors and psychologists, bloggers and academics. Infamous cheaters like Dominique Strauss-Kahn, David Petraeus, Bill Clinton and Genghis Khan as well as society's regular Joes are put under his microscope. We spoke with de Guerre from Rome.

You find that cheating in men is hardwired, grounded in science. Is that just an "out"?
No, not morally. Whether or not it's moral, there are millions of levels of dishonesty, a million ways to break someone's heart. Our biological makeup is never an excuse. The worst outcome would be for men to feel, "Well I'm hardwired to do this." The thing that ruins that kind of thinking for men who might be tempted to throw it out there is that most men, unless they are sociopaths or psychopaths, have a conscience. Men can feel an enormous amount of guilt, that's what stops many.

Men and women are differently wired for sex. So why does 90 per cent of the population believe monogamy is the deal?
It's dishonest. And I'm amazed that that statistic keeps going up. More and more young people really believe that monogamy is best and all that. And in lots of ways it is, because in a way it's simplest and what kind of life does someone want to live? Men periodically need jolts to their psyche and testosterone, and anyone in a long-term relationship can understand that. But how much chaos does someone want to introduce to their life? It is the ultimate deal breaker and there is nothing else that remotely competes with that as a deal breaker. People will throw away a 30-year relationship because of it.

Is it inevitable that some men cheat? Not necessarily. Most men do actually have a powerful conscience. ISTOCK

Really? Thirty years of companionship and sharing a life and travelling and shared friendship and throw all of that away?
But I think some people threaten to leave and then they have to back it up. That's enlightened in a weird way. All those other things are more important than the quality of the sex life. What do you expect after 20 years or even five years? Monogamy gets richer and richer in other things. The relationship grows in value of basic respect for each other. To me, the deal breaker is unhealthy treatment of one another.

What happens to men who are repressed in long-term relationships?
You see it in a lot of marriages. Men get stuck and can't find any way of expressing themselves. There are a lot of men who are so bottled up it's not funny. And pornography is one of the things that have come on-board in the last 15 years because of the Internet. Gay men say the whole point of being gay is to be honest about your sexuality and straight men are never asked who they are. They hide behind these archetypal forms of behaviour, like playing golf. If they rediscovered their sexual side, golf greens would disappear. They'd become big empty fields.

RRSPs — should you borrow or not?

Alison on Money. Borrowing is easy. The tricky part is paying it back in a timely fashion

YOUR MONEY
Alison Griffiths
money@metronews.ca

Perhaps your RRSP contribution room is the size of a small nation's GDP. Do you borrow to catch up?

This is one of the most common questions at this time of year.

It may seem like a no-brainer. Use cheap money to contribute to an RRSP, reduce taxes and give retirement savings a boost.

However, borrowing is easy. The tricky part is paying it back in a timely fashion and investing in something that produces a solid return over time.

Often people are encouraged to borrow for RRSP contributions by mutual fund salespeople. The results are mixed at best. The high fees of many mutual funds eat into returns.

If you are disciplined enough to pay back an RRSP loan in a year and use the tax refund for next year's contribution, the strategy can work. But there's a better way.

First I ran some numbers assuming an annual $5,000 loan at five per cent and a six per cent return over time with the tax refund also contributed each year. I used someone earning $50,000 and a marginal tax rate of around 31 per cent (it will vary slightly by province).

The payments will be just under $430 monthly to discharge the loan annually. After 10 years there will be nearly $92,000 in your RRSP.

However, instead of borrowing, take that $430, contribute it monthly and also deposit the tax refund. After 10 years there would be … guess what? Nearly $92,000 in your RRSP!

Of course, there are many permutations and combinations from lower or higher borrowing costs and rates of return to marginal tax rate considerations.

But the bottom line is that using a projected loan payment as a monthly contribution to catch up on RRSP contributions is safer simply because you aren't taking on non-tax deductible debt. And the results are almost identical, at least in this example.

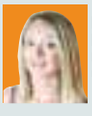
Run the numbers yourself using the Borrow for RRSP Calculator at taxtips.ca. (This is a business site and the calculator was last updated in 2010, but you can alter all the criteria.)

I'm sure to get mail from investors who borrowed at three per cent and got a 12 per cent return. But can those results be repeated every year?

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Credit card statement

Race is on to repay holiday spending



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

You need a plan to clear your balance as quickly and efficiently as possible. ISTOCK IMAGES

Still reeling from your holiday spending hangover? Brace yourself — the worst is yet to come. Inch your way toward the mailbox and retrieve your credit card statement. Look at your balance and take 10 deep breaths of fresh air.

You need a plan to clear your balance as quickly and efficiently as possible.

Start by knowing the facts. First, from today, you have approximately one week until the minimum payment on your credit card statement is due. Second, if you don't clear your balance, you'll start paying interest on your new purchases (plus the existing balance if one exists) to the tune of 19 per cent. Third, because credit card companies accrue interest charges by the day, the cost to carry credit card debt is outrageous.

Now, raise your right hand, place it over your heart and vow to go on a spending hiatus until the balance is paid off. Accruing more debt while paying off the existing will destroy your chances of becoming debt-free.

Check how much you have in your bank account and if you've got the cash, pay off your credit card.

If not, determine the full extent of your holiday spending damage. Then put your game face on, pick up the phone and start negotiating. Call your lender and ask for a lower interest rate. By presenting a competitive offer, you can persuade the lender. But, if they won't reduce the rate, transfer your business elsewhere.

Next, make more than the minimum payment, otherwise you'll barely cover the interest charges. Making minimum payments on a $1,000 balance would cost $1,000 in interest charges and take 115 months to pay off at 19 per cent interest (interest plus one per cent of the balance). If instead you paid a regular amount of $50 per month, you'd clear the balance in 25 months and pay $200 in interest. (Check outgetsmarteraboutmoney.com to see how much your credit card is costing you.)

Be resourceful and find ways to pay more. Cut out unnecessary expenses like dinners at restaurants and sell unused household items like televisions or bookshelves on Kijiji. Because interest accrues daily on credit cards, break the interest rate cycle with more frequent payments in biweekly or weekly intervals.

If you're in way too deep, call a credit counsellor. Get excited. You have the power to rid yourself of credit card debt.

Follow Lesley on Twitter @LesleyScorgie

ON TRACK TO A HEALTHIER YOU

A PROPER PLAN CAN HELP YOU IMPROVE YOURSELF THIS YEAR

At the beginning of every new year, many people put the push on to start making positive changes in their lives, from exercising more and eating better to quitting smoking.

Many of those with good intentions will give up in frustration before they reach their goal. But with a proper plan in place, disappointment doesn't have to rule the day.

Award-winning master personal trainer Devin Sherrington, the owner of Halifax's 360fit, offers these tips for making, and sticking to, healthy lifestyle changes.

CHOOSE ONE GOAL

Don't try to do too much at once, like ditching drinking, eating better and exercising more. Instead, start with one goal you think is realistic.

"It's less intimidating to set small 'micro goals' that are all aimed toward the bigger goal," Sherrington says. For example, if you would like to drop a couple of clothing sizes, aim to lose about five pounds per month, then focus on getting through one week at a time.

PARTNER WITH A PROFESSIONAL

If you don't know how to achieve your goal, talk with your doctor, a nutritionist or a personal trainer.

"Everyone responds differently to healthy lifestyle plans," Sherrington says.

"The experts can help you figure out the most effective way to reach your goal."

USE THE BUDDY SYSTEM

"The people who are the most successful at making healthy changes are those who have the support of a spouse, friends and family," Sherrington says.

Having even just one buddy on board makes you more accountable and honest.

"Plus, you will pick each other up when you're having a down day, which everyone does at some point," Sherrington says.

REWARD ACHIEVEMENTS

If your plan includes giving up chocolate, pizza or beer, it's best not to go cold turkey.

"It's not a bad idea to have one cheat day a week, as long as you don't overdo it," Sherrington says. "After you've been eating clean for a while, those things won't taste as good as they once did and you'll crave them less."

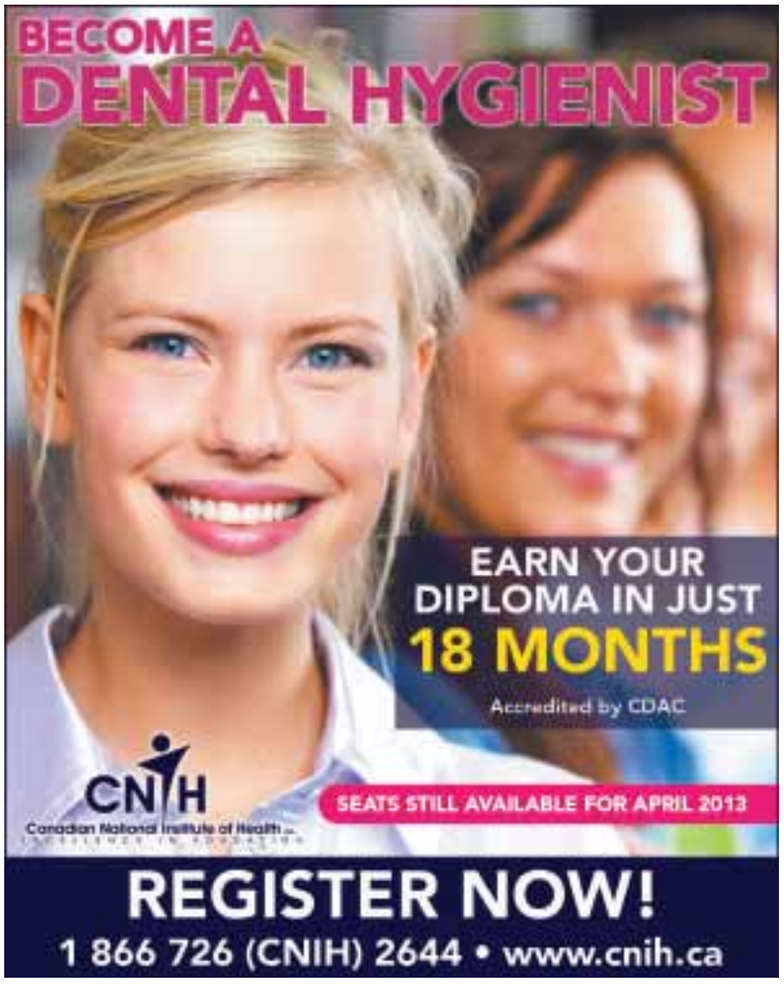
Other treats could be having a spa treatment or buying a new running jacket — anything that feels special.

BE PATIENT AND STAY POSITIVE

"Fitness and health should never be a negative thing," Sherrington says. "But as with all positive changes, it's important to remember that they're going to take time."

To avoid getting frustrated, don't put a deadline on long-term goals; working toward smaller micro goals will help you stay patient and positive. If you do have a down day, don't beat yourself up. Instead, pick yourself up and keep moving forward.

– Jane Doucet



CHOOSE A CAREER AS A DENTAL HYGIENIST

Thanks to recent changes in legislation, a career in dental hygiene is more attractive than ever.

Ontario has joined the ranks of other provinces by allowing registered dental hygienists to practise outside a dentist's office through a process known as "self-initiation." Legislative changes and health-care reform initiatives have facilitated the public's access to dental hygiene services.

Private colleges such as the Canadian National Institute of Health (CNIH) in Ottawa provide the training for graduate dental hygienists to set up successful independent practices. CNIH encourages graduates to consider opening their own practices under a variety of business models.

"Our school offers state-of-the-art equipment and during the 18-month dental hygienist program, CNIH students learn about everything from cleaning teeth to managing an independent business," says CNIH president James Keslassy. "All of our dental hygiene instructors are registered, self-initiated and experienced."

A new pilot project beginning this year will see CNIH partner with the Canadian

THINKSTOCK IMAGES/COMSTOCK/THINKSTOCK

Dental Hygienist Association (CDHA) to help self-initiated dental hygienists build client pools large enough to practise independently. Through weekend clinics and continuous education courses, CNIH and CDHA will help prepare dental hygienists to actively pursue their dream of owning their own practice

CDHA president Sandy Lawlor adds, "the CDHA is committed to developing prospects for dental hygienists to explore independent practice. We believe that this pilot project provides members with a convenient, low-risk opportunity to explore whether or not independent practice is for them."

CFL

Cortez to continue with Roughriders

The Riders announced on Monday George Cortez will be the team's new offensive co-ordinator.

Cortez spent last season with the Hamilton Tiger-Cats as head coach and director of football operations. No stranger to Saskatchewan, the Port Arthur, Texas, native spent the 2006 season as the Riders' offensive line coach.

Cortez brings more than three decades of coaching experience to the Riders, including 19 seasons in the Canadian Football League, earning four Grey Cup championships.

Bob Dyce, the team's offensive co-ordinator last year, remains with the team. The Riders also confirmed Mike Sinclair has left the team to join the Chicago Bears as assistant defensive line coach. METRO

NHL

HNIC sets ratings records in return

CBC says Hockey Night in Canada drew record numbers for the first NHL broadcast of the season Jan. 19.

The public broadcaster says the battle between the Toronto Maple Leafs and Montreal Canadiens drew a record average audience of 3.3 million viewers.

Citing ratings data from the Bureau of Broadcast Measurement, CBC said it was the most-watched regular-season Prime East game ever on the network.

And it says the Ottawa Senators and Winnipeg Jets game drew an average audience of 1.49 million viewers, breaking the record for a Saturday afternoon game.

The Vancouver Canucks and Anaheim Ducks drew nearly 1.47 million viewers. THE CANADIAN PRESS

The Bruins' Patrice Bergeron scores a shootout goal on Winnipeg Jets goalie Ondrej Pavelec in Boston on Monday. The Bruins won 2-1.
MICHAEL DWYER/THE ASSOCIATED PRESS

Bruins keep Jets at bay on power play

NHL. Winnipeg fails to convert on man advantage, including two minutes in OT

Patrice Bergeron showed why he's more than just an offensive forward.

Bergeron helped kill off a penalty in overtime before scoring in the shootout, leading the Boston Bruins to a 2-1 win over the Winnipeg Jets on Monday afternoon.

Tyler Seguin scored the other shootout goal and Brad Marchand had the regulation goal for the Bruins (2-0-0).

Boston was short-handed for two minutes 17 seconds of overtime after playing the final 71 seconds of regulation down a man.

Bergeron felt like the solid penalty killing was simply a matter of keeping things easy.

"We've stuck to our system," he said. "I guess we've kept it simple."

Tuukka Rask made 26 saves in regulation and overtime and held the Jets to only Blake Wheeler's goal in the shootout. Bryan Little, the last shooter, hit the right post to end the game.

Ondrej Pavelec made 26 saves in regulation for the Jets, but gave up goals to Boston's first two shooters in the shootout. Chris Thorburn scored for the Jets (0-1-1).

Monday's game

Bruins	Jets
2	1

In the shootout, Seguin moved in and shifted a few times before beating Pavelec with a forehand shot to the glove side. Bergeron, the second shooter, slipped the puck between Pavelec's pads.

The Jets played the final 1:11 of regulation and opening 49 seconds of OT on a power play when Johnny Boychuk high-sticked Little. Olli Jokinen's tip-in attempt slid just wide of an open side of the net in the closing seconds.

Winnipeg also had a power play for the final 1:28 of overtime when Zdeno Chara was called for holding Wheeler, but it failed to get a decent shot on net despite being set up in Boston's end for a good portion of time.

Winnipeg was 0-for-4 on the power play.

"It's disappointing when you get those opportunities in the end there," Jets forward Evander Kane said. "Myself, I can't be making those bad passes and not generating anything. That's something that we're going to have to get better at."

THE ASSOCIATED PRESS

Lightning bottled up on Long Island

Tampa Bay's Martin St. Louis, right, checks Islanders forward John Tavares on Monday in Uniondale, N.Y. BRUCE BENNETT/GETTY IMAGES

New York Islanders coach Jack Capuano's return from the hospital was an easy one — for more than 40 minutes.

Thanks to the final score, he didn't even mind the tense finish.

David Ullstrom scored early in the third period to give the Islanders a big lead, and New York held off the Tampa Bay Lightning 4-3 Monday.

"I thought it was a total team effort," Capuano said. "I give credit to our guys."

Capuano returned to the Islanders and guided them to their first win of the season. He missed the opening-night loss to New Jersey on Saturday because of surgery to remove a kidney stone.

"I'm not going to lie to you. I was a little dehydrated behind there tonight at times but I was glad I could get back there," Capuano said.

Monday's game

Islanders	Lightning
4	3

Michael Grabner, Matt Martin and Kyle Okposo scored in a 12-minute span of the second period to put the Islanders ahead 3-0. Ullstrom gave New York a four-goal lead 91 seconds into the final period.

Martin St. Louis, Benoit Pouliot and Steven Stamkos scored in a 5 1/2-minute stretch, pulling Tampa Bay within a goal with 12 minutes left. The Lightning couldn't get anything else past Evgeni Nabokov, who stopped 23 of 26 shots.

Anders Lindback allowed all four of New York's goals on 44 shots.

THE ASSOCIATED PRESS

Sports in brief

1 Knick-Nets. Johnson seals deal in New York

Joe Johnson made the go-ahead jumper with 22 seconds left and scored 25 points, leading the Brooklyn Nets to an 88-85 over the New York Knicks on Monday and a split of the four-game series between the city rivals.

THE ASSOCIATED PRESS

2 Tennis. Raonic falls to legend Federer

Roger Federer overcame big-serving Canadian Milos Raonic 6-4, 7-6 (4), 6-2 in the fourth round of the Australian Open on Monday night to reach the quarter-finals at a 35th consecutive Grand Slam tournament.

THE ASSOCIATED PRESS

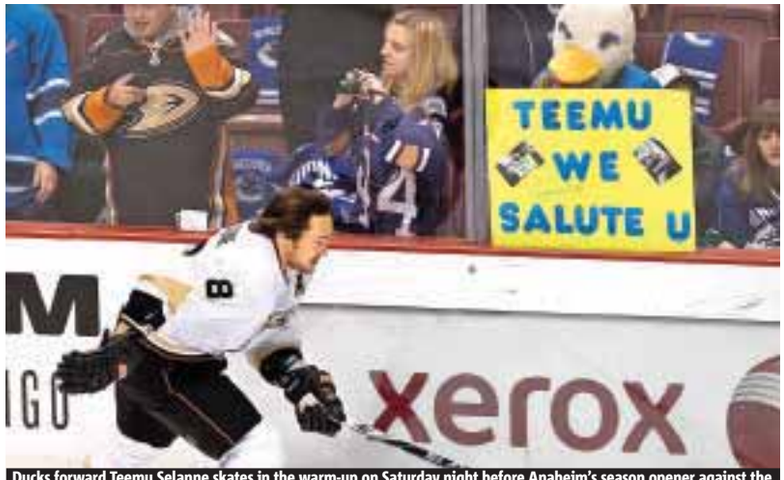
3 NHL. Flames part ways with backup Karlsson

The Chicago Blackhawks acquired goalie Henrik Karlsson from the Calgary Flames for a seventh-round draft pick in this year's entry draft on Monday.

THE ASSOCIATED PRESS

Far from a flash in the pan: Selanne thriving at age 42

NHL. Ducks forward shows no signs of slowing after four-point game in season opener



Ducks forward Teemu Selanne skates in the warm-up on Saturday night before Anaheim's season opener against the Canucks in Vancouver. Selanne had two goals and two assists in the Ducks' 7-3 win. DARRYL DYCK/THE CANADIAN PRESS

Teemu Selanne is drinking up the last sweet drops of his NHL career.

At 42 years, six months and 16 days, Selanne is the oldest active player in the league this lockout-shortened season.

The Anaheim Ducks winger has the air of a man enjoying an extended youth that he knows is rare and limited in professional sports.

"When you're older, you know there's not going to be much left," Selanne said on Monday in Calgary before the Ducks took on the Flames.

"You know it's the end of the road and it's right to enjoy every day. The older you get, you start to enjoy the little things and different stuff than when you're 22."

But Selanne isn't looking or acting his age. He scored two goals and had two assists in Anaheim's 7-3 win over Vancouver to open the season, making him the oldest player to produce a four-point game since Gordie Howe in 1971.

Selanne was also the oldest player to appear in all 82 games last season, with 26 goals and 40 assists in his 20th NHL campaign.

"The Finnish Flash" is still fit and muscular. There are laugh lines around his eyes, but no grey hairs on his head.

Flames coach Bob Hartley compares him to Brad Pitt's character in The Curious Case of Benjamin Button, living a life from death to birth instead of the reverse.

"Selanne is going the wrong way," Hartley says. "It seems he's getting younger year by year."

Selanne revealed the secret to his longevity in the NHL.

"I enjoy playing, I'm pretty healthy still and playing with great players. Those are the combinations that usually work," the Helsinki native says. "There's a lot of things you've got to do well and I'm very proud I'm still able to play against these young guys at this age."

THE CANADIAN PRESS

Quoted

"I'm not trying to brag for my player, but that's an amazing, amazing feat what he's doing at his age."

Ducks coach Bruce Boudreau, on his 42-year-old forward Teemu Selanne

NFL. Lewis links Ravens' Super Bowl past and present

When the Baltimore Ravens last went to the Super Bowl, Art Modell was the owner, Brian Billick served as head coach and Trent Dilfer was the starting quarterback.

Now, 12 years later, they're back with owner Steve Bisciotti, coach John Harbaugh, QB Joe Flacco and one significant link to both teams: Ray Lewis.

Drawing inspiration from Lewis, their long-time middle linebacker, the Ravens bullied their way past New England 28-13 on Sunday night to win the AFC championship and set up a matchup with the San Francisco 49ers. The victory ended a lengthy dry spell for a franchise with one Super Bowl appearance in its 17 years of existence.

Lewis was voted Super Bowl MVP after the Ravens beat the New York Giants 34-7 on Jan. 28, 2001. He announced this month that he would retire after Baltimore completes its current playoff run.

"Ray is a guy who's been here since the beginning of this franchise," strong safety Bernard Pollard said on Monday. "He's a guy who is the Raven. We respect him when he speaks. Everybody stops and everybody hears him. He's kept this team together, he's kept this organization together in so many ways."

Linebacker Ray Lewis celebrates after the Ravens' AFC championship win over the Patriots on Sunday in Foxborough, Mass. ELSA/GETTY IMAGES

Quoted

"It's a tough deal to get to, but we've made it this far and we just got to make the most of it."

Ravens quarterback Joe Flacco, on making it to the Super Bowl

Lewis knows what it takes to win. He knows about playing in the Super Bowl. Most of all, he knows how to get his teammates ready to play with unyielding intensity.

"There's no one like him, somebody that means as much as he does to this team," centre Matt Birk said.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	2	2	0	0	9	4	4
New Jersey	1	1	0	0	2	1	2
NY Islanders	2	1	1	0	5	5	2
NY Rangers	2	0	2	0	4	9	0
Philadelphia	2	0	2	0	3	8	0

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	2	2	0	0	5	2	4
Ottawa	1	1	0	0	4	1	2
Buffalo	1	1	0	0	5	2	2
Toronto	1	1	0	0	2	1	2
Montreal	1	0	1	0	1	2	0

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Florida	1	1	0	0	5	1	2
Tampa Bay	2	1	1	0	9	7	2
Winnipeg	2	0	1	1	2	6	1
Washington	1	0	1	0	3	6	0
Carolina	1	0	1	0	1	5	0

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	2	2	0	0	11	6	4
St. Louis	2	2	0	0	10	3	4
Columbus	1	1	0	0	3	2	2
Nashville	2	0	0	2	5	7	2
Detroit	1	0	1	0	0	6	0

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	2	2	0	0	5	2	4
Edmonton	1	1	0	0	3	2	2
Vancouver	2	0	1	1	5	10	1
Colorado	1	0	1	0	2	4	0
Calgary	1	0	1	0	1	4	0

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	1	1	0	0	7	3	2
San Jose	1	1	0	0	4	1	2
Dallas	2	1	1	0	4	4	2
Los Angeles	1	0	1	0	2	5	0
Phoenix	2	0	2	0	7	10	0

Monday's results
NY Islanders 4 Tampa Bay 3
Boston 2 Winnipeg 1 (SO)
St. Louis 4 Nashville 3 (SO)
Buffalo at Toronto
Florida at Ottawa
Detroit at Columbus
Anaheim at Calgary
Tuesday's games — All Times Eastern
Winnipeg at Washington, 7 p.m.
Tampa Bay at Carolina, 7 p.m.
Florida at Montreal, 7:30 p.m.
Dallas at Detroit, 7:30 p.m.
Philadelphia at New Jersey, 7:30 p.m.
Nashville at Minnesota, 8 p.m.
St. Louis at Chicago, 8:30 p.m.
Los Angeles at Colorado, 9 p.m.
San Jose at Edmonton, 10 p.m.

BRUINS 2, JETS 1 (SO)

First Period
1. Winnipeg, Thorburn 1 (Postma, Slater) 1:58
2. Boston, Marchand 1 (Seguin) 14:12
Penalties — None.
Second Period
No Scoring.
Penalties — Krejci Bos (High-sticking) 1:27, Ference Bos (Tripping) 5:44, Stuart Win (Interference) 18:20.
Third Period
No Scoring.
Penalties — Kane Win (Goaltender Interference) 12:31, Boychuk Bos (High-sticking) 18:49.
Overtime
No Scoring.
Penalties — Chara Bos (Holding) 3:32.
Shootout
Boston: 2, Winnipeg: 1.
Winnipeg: Wheeler goal, Jokinen miss, Little miss.
Boston: Seguin goal, Bergeron goal, Bourque miss.
Shots on goal:

Winnipeg	**11**	**4**	**12**	**0—27**
Boston	**12**	**6**	**8**	**1—27**

Goal — Winnipeg: Pavelec (LS, 0-1-1). Boston: Rask (W, 2-0-0).
Power plays (goal-chances) — Winnipeg: 0-4. Boston: 0-2.
Referees — Mike Hasenfratz, Kelly Sutherland.
Linesmen — Darren Gibbs, Shane Heyer.
Attendance — 17,565 at Boston.

TENNIS

ATP — WTA

AUSTRALIAN OPEN

At Melbourne, Australia
MEN
Singles — Fourth Round
Roger Federer (2), Switzerland, def. **Milos Raonic (13), Thornhill, Ont.**, 6-4, 7-6 (4), 6-2.
Andy Murray (3), Britain, def. Gilles Simon (14), France, 6-3, 6-1, 6-3.
Jo-Wilfried Tsonga (7), France, def. Richard Gasquet (9), France, 6-4, 3-6, 6-3, 6-2.
Jeremy Chardy, France, def. Andreas Seppi (21), Italy, 5-7. 6-3, 6-2, 6-2.
WOMEN
Singles — Fourth Round
Victoria Azarenka (1), Belarus, def. Elena Vesnina, Russia, 6-1, 6-1.
Serena Williams (3), U.S., def. Maria Kirilenko (14), Russia, 6-2, 6-0.
Svetlana Kuznetsova, Russia, def. Caroline Wozniacki (10), Denmark, 6-2, 2-6, 7-5.
Sloane Stephens (29), U.S., def. Bojana Jovanovski, Serbia, 6-1, 3-6, 7-5.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	26	12	.684	—
New York	25	14	.641	1½
Indiana	26	16	.619	2
Brooklyn	25	16	.610	2½
Chicago	23	16	.590	3½
Atlanta	23	18	.561	4½
Milwaukee	21	18	.538	5½
Boston	20	20	.500	7
Philadelphia	17	23	.425	10
Detroit	15	25	.375	12
Toronto	**15**	**26**	**.366**	**12½**
Orlando	14	26	.350	13
Charlotte	10	31	.244	17½
Cleveland	10	32	.238	18
Washington	8	30	.211	18

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	32	9	.780	—
L.A. Clippers	32	10	.762	½
San Antonio	32	11	.744	1
Memphis	26	14	.650	5½
Golden State	25	15	.625	6½
Denver	25	18	.581	8
Utah	22	19	.537	10
Houston	22	21	.512	11
Portland	20	20	.500	11½
Minnesota	17	21	.447	13½
Dallas	18	24	.429	14½
L.A. Lakers	17	23	.425	14½
Sacramento	16	26	.381	16½
New Orleans	14	27	.341	18
Phoenix	13	28	.317	19

Monday's results
Indiana 82 Memphis 81
New Orleans 114 Sacramento 105
Houston 100 Charlotte 94
Atlanta 104 Minnesota 96
Brooklyn 88 New York 85
Golden State 106 L.A. Clippers 99
San Antonio at Philadelphia
L.A. Lakers at Chicago
Washington at Portland
Tuesday's games — All Times Eastern
Boston at Cleveland, 7 p.m.
Orlando at Detroit, 7:30 p.m.
Philadelphia at Milwaukee, 8 p.m.
Oklahoma City at L.A. Clippers, 10:30 p.m.
Wednesday's games
Atlanta at Charlotte, 7 p.m.
Toronto at Miami, 7:30 p.m.
Brooklyn at Minnesota, 8 p.m.
Denver at Houston, 8 p.m.
L.A. Lakers at Memphis, 8 p.m.
Detroit at Chicago, 8 p.m.
New Orleans at San Antonio, 8:30 p.m.
Washington at Utah, 9 p.m.
Indiana at Portland, 10 p.m.
Phoenix at Sacramento, 10 p.m.
Oklahoma City at Golden State, 10:30 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If a friend asks you for assistance today you will do everything in your power to help them out. The more people you assist now the more they will step forward to help you later in your own moment of need.

♉ Taurus
April 21 - May 21
You need to remind important people that you still exist. Some of them may have forgotten! Make sure they know you are available when opportunity comes knocking. If you stand in the shadows you will be invisible.

♊ Gemini
May 22 - June 21
The world needs people who are not afraid to stand up and say things that the establishment won't like. The world needs people like you. Give your opinions freely and honestly today – and get ready for the backlash!

♋ Cancer
June 22 - July 23
There is no point pretending that everything is fine when you know it is not. More than anything today you need to confront your inner demons – because until you have won them over you won't win over anything else.

♌ Leo
July 24 - Aug. 23
Today's Mercury-Uranus link will help you put your feelings into words. Loved ones have been waiting for you to tell them what's going on in your heart and your head and when they do they will love you all the more.

♍ Virgo
Aug. 24 - Sept. 23
Use your time wisely today because there is a lot you have to get through on the work front. Be creative by all means but be creative with a purpose in mind. There are only 24 hours in every day.

♎ Libra
Sept. 24 - Oct. 23
No matter how overwhelming the odds may be you simply refuse to give up and over the next two or three day your stubbornness will pay off in a big way. Who said Libras lack staying power? They're wrong.

♏ Scorpio
Oct. 24 - Nov. 22
Use your incisive Scorpio mind to cut through the fog of confusion and identify the two or three things that are of real importance – and ignore everything else. Life is simple when reduced to its essentials.

♐ Sagittarius
Nov. 23 - Dec. 21
Take a few minutes out of your busy schedule to work out where you are – and don't be surprised to find you have strayed off course. Does it matter? Not really. Should you change direction again? Only if you want to.

♑ Capricorn
Dec. 22 - Jan. 20
You are now in touching distance of a goal you set yourself a long time ago. All it needs is one final push and you will cross the finishing line ahead of your rivals. Make the effort – it will be worth it.

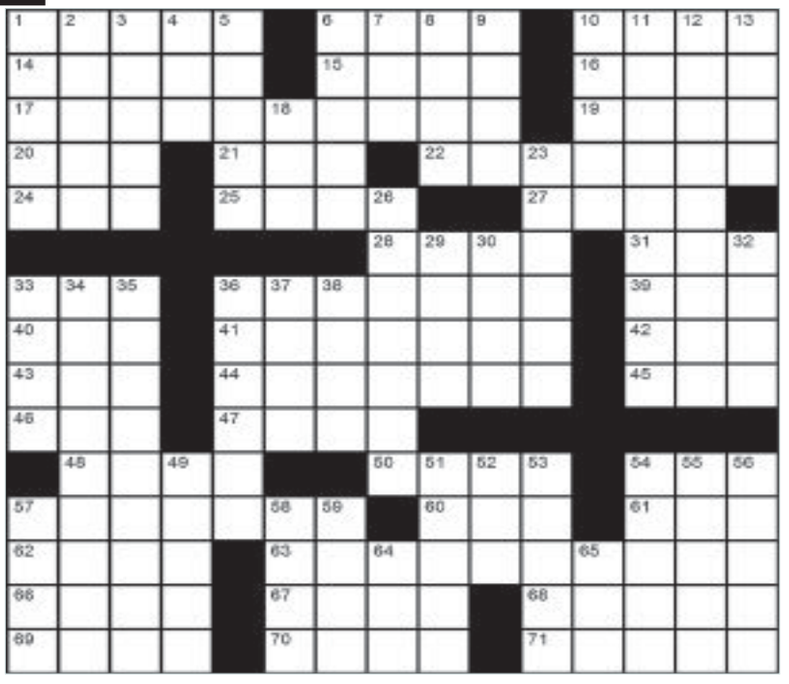
♒ Aquarius
Jan. 21 - Feb. 19
Mind planet Mercury links with your ruling planet Uranus today, helping you to see things lesser mortals tend to miss. It will work to your advantage, of course, but find ways to help other people too.

♓ Pisces
Feb. 20 - March 20
Your time would best be spent today going over old ground and making sure there are no loose ends that might trip you up later on. Remember: intuition can't reveal everything – sometimes you have to use logic as well.

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



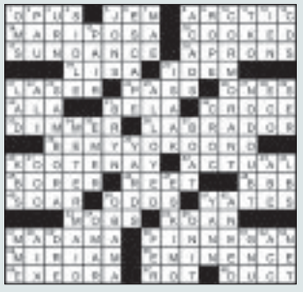
Across

1. Hamilton-born actress on ABC series "Castle", Stana __
6. Apple product
10. CBC Radio/TV talk program, "Q with __ Ghomeshi"
14. Prefix that means 'Rainbow'
15. Video __
16. Vogue's Ms. Wintour
17. Canadian contractor: 2 wds.
19. Nutritional suggested amts.
20. Politician's positive
21. "Don't Bring Me Down" gr.
22. Kinda kind
24. Building wing
25. Bright city light
27. Leave in, in proofreading
28. Of a lyric poem
31. Low: French
33. Ohs partners
36. Canadian singer Nelly
39. Cigarette danglee
40. Ms. Benatar
41. Inclined: 3 wds.
42. Winnipeg's Ms. Vardalos
43. Knight's title
44. Political maneuvering, with Shuffle
45. "Hawaii Five-0" star, Daniel __ Kim
46. Historic time
47. So
48. Houston baseball player, informally
50. Highlander
54. Stitch
57. Ready to take on the challenge: 3 wds.
60. Legume
61. That, in Tijuana
62. __ Morne National Park, Nfld.
63. Toronto improv mecca, The __: 2 wds.
66. Tortoise's competitor
67. Romance lang.
68. Canadian territory
69. Director Mr. Pollack, et al.
70. Roman ruler
71. Ski resort's one-of-some

Down

1. Brangelina-style name for star couple West/Kardashian
2. Princess in "The Little Mermaid" (1989)
3. Mayan archaeological site
4. 'Fluor' suffix
5. "Hallelujah" songwriter Leonard
6. Domed dwelling
7. Cooking spray
8. Prayer-ender
9. Lucy's love
10. Actress, Marissa __ Winokur
11. Arcade Fire, for example: 2 wds.
12. Daughter of Nicholas II of Russia
13. Basketball player Steve
18. Toreador's taunt
23. Actor, George _. __
26. Julia Roberts flick, "__ Hill" (1999)
29. Dashiell Hammett novel, The __ Curse
30. Comic actor Eric
32. Canadian ice dancer, __-Lynn Bourne
33. Church's vaulted part
34. Broadway musical
35. Justin Bieber's hometown
36. "The X __"
37. Salt Lake City's state
38. Rapini, aka Broccoli __
49. "The Bachelor" flowers
51. Speedskater, __ Anton Ohno
52. 'Velvet' suffix
53. Belonging to Miss Gaga
54. Watch brand
55. Impede, in law
56. Garth's pal in movies
57. Recoiler's reactions
58. "Beauty __ the eye...": 2 wds.
59. Guillotine target?
64. Electric __
65. __-de-sac

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

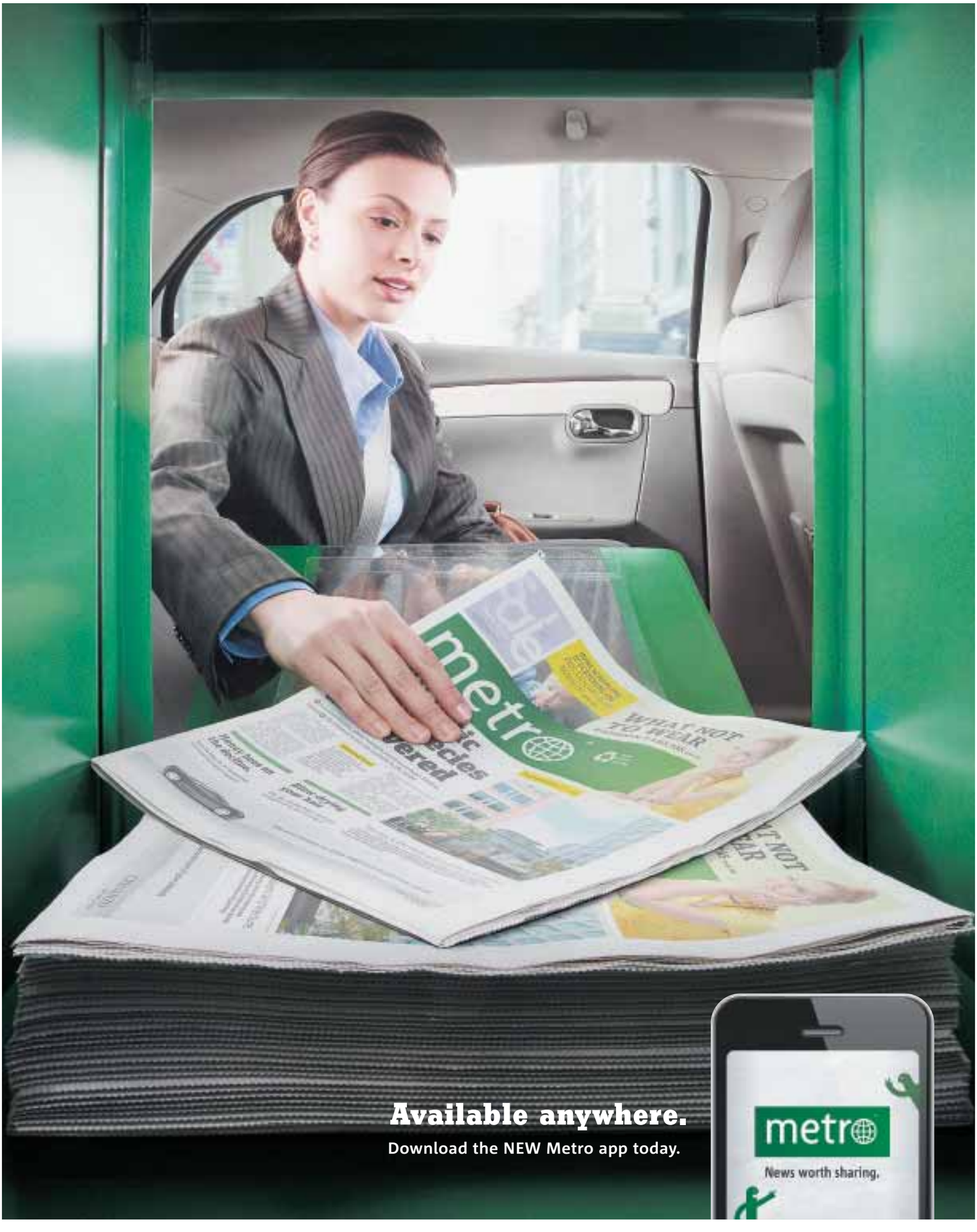
			2	7			6	1
5	8			4	6			9
	6				2		7	
	9	5				2	4	
	1		6				3	
7			1	2			9	4
4	3			8	5			

Yesterday's Sudoku

9	3	1	8	7	2	6	4	5
6	8	4	1	3	5	2	7	9
5	7	2	4	9	6	1	3	8
3	5	8	6	2	1	4	9	7
4	6	9	7	5	8	3	2	1
2	1	7	9	4	3	5	8	6
7	9	3	5	6	4	8	1	2
1	4	5	2	8	9	7	6	3
8	2	6	3	1	7	9	5	4

Sharability

easy — hard



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